

NBRC Lap Pool November 9-15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	Lap Swim 6:00-8:00	Lap Swim 6:00-9:00	LG Training 11/14, and 11/15, Lane Availability reduced.	
6:30am	Lap Swim 6:00-9:00						
7:00am							
7:30am						3 lanes open 7:00-9:00 Boulder Swimming	
8:00am		4 lanes open 8:00-9:00 Drop-in H20 Fit		4 lanes open 8:00-9:00 Drop-in H20 Fit			
8:30am							1 lane open 8:00-9:30 BAM
9:00am	4 lanes open 9:00-10:00 Drop-in H ₂ 0 Fit Lap Swim	Lap Swim 9:00-12:00	4 lanes open 9:00-10:00 Drop-in H ₂ 0 Fit Lap Swim 3 lanes open 10:30-11:30 BAM	Lap Swim 9:00-12:00	4 lanes open	2 lanes open 9:00-11:00 Flatirons	0.00-9.30 DAIVI
9:30am					9:00-10:00 Drop-in H ₂ 0 Fit		3 lanes open 9:30-10:30 BAM
10:00am					Lap Swim		
10:30am	3 lanes open 10:30-11:30 BAM				3 lanes open 10:30-11:30		Lap Swim 10:30-1:00
11:00am					BAM	Lap Swim 11:00-1:00	
11:30am	_		Lap Swim 11:30-4:00		Lap Swim 11:30-4:00		
12:00pm		4 lanes open 12:00-1:00 BAM Lap Swim 1:00-5:45		4 lanes open 12:00-1:00 BAM			
12:30pm							
1:00pm				Lap Swim 1:00-4:00		3 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	3 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm	4 lanes open 4:00-5:30 Elks		4 lanes open 4:00-5:30 Elks	3 lanes open 4:00-5:30 BHS	1 lane open 4:00-5:30 BHS, Elks & Training	Lap Swim 4:00-6:30	Lap Swim 4:00-7:30
4:30pm							
5:00pm							
5:30pm	3 lanes open 6:00-7:00 BAM & Lessons	4 lanes open 5:45-6:45 Drop-in Zumba	7 lanes open 6 lanes open 6:00-7:00 Lessons	Lap Swim 5:30-7:00	5 lanes open		
6:00pm					7 lanes open 6-7pm		
6:30pm		6 lance onen			LG Training		
7:00pm	4 lanes open Drop in H20 Fit 7:00-8:00	6 lanes open 7:00-8:00	Lap Swim 7:00-9:00	6 lanes open 7:00-8:00			
7:30pm		Water Polo		Water Polo			
8:00pm	Lap Swim 8:00-9:00	Lap Swim 8:00-9:00		Lap Swim 8:00-9:00			
8:30pm							
9:00pm	11/12 LG Inservice in 1-2 lanes 7-8:30p						

"Lanes open" indicates lanes open to the public.

POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-413-7260 or go to www.boulderaquatics.org